



Building 440 Fieldhouse Gymnasium (Effective November 2, 2020)

Hours of Operation: **Monday – Friday 0530 to 2000/Sat-Sun & Holidays 0900-1700**

- 1. All Active Duty Military**
 - 1) Maintain a minimum of 6 feet social distancing**
 - 2) Exercise/Weight Equipment spaced 10 ft. apart. Limit of 5 people per 1K sq. ft.**
- 2. Facility Capacity – 120**
- 3. The Indoor Pool is open via reservation Monday – Friday 1030 – 1330, Monday & Wednesday 1630 – 1930 and Saturday 1200 to 1600.**

Front Desk/Check In –

- 1) Health screening conducted at entry point. Thermo-scan (temperature check) and review of health screening questionnaire before proceeding to the front desk.
- 2) Show ID to Front Desk Staff (Do not hand Staff any ID's or Personal Items unless Asked)
 - Date/Time, Name, Rate/Ranks and Command will be required at check in, recorded, and used for potential contact tracing.
- 3) Face Coverings/Masks to be on upon entry/check-in, locker rooms/restrooms, and in common spaces. They are recommended during exercise. Mask must cover Nose and Mouth at all times. Neck Gaiters, scarves, and masks with valves prohibited.
- 4) We require that all patrons come dressed to workout. (ID, Water Bottle, Personal Towel) Locker Rooms are currently issued in a limited capacity for personal items only. **NO GYM BAGS**. All gym bags and Backpacks must be secured in a vehicle or barracks. For a full list of Locker Room Rules please visit the 440 Gymnasium.
- 5) The front desk will not be offering any check out fitness equipment including towels.
- 6) Please wipe down equipment and any touch points before and after use.
- 7) Retail Drinks are available for purchase (credit card only)
- 8) Showers, Water Fountains, Steam Room/Sauna's are unavailable and secured.

Weight Room/Cardio Room/Gym/Basketball Courts/Track

- 3) Personal Workouts Only, No spotters, No Partners/Group Workouts, etc
- 4) No Floor Exercises
- 5) Limit workout sessions to 60 minutes (Enforced during peak hours)
- 6) Limit HIIT (High Intensity Interval Training) and Strenuous Exercises
- 7) Avoid congregating in any area of the facility more than 5 minutes.
- 8) Additional Cardio equipment and weight machines are placed on the track to accommodate more people and proper spacing.
- 9) Outer perimeter of the gym floor will be used for running/walking only.
- 10) Basketball Courts are limited to exercise only

Command Reservations

- 1) Capacity – based on NAVADMIN 071/20
- 2) For questions regarding command reservations or for more information, please email grlkmwrsportsand.fct@navy.mil Or call the Fitness Director at 847-688-3419/847-688-7769.
Command reservations are not guaranteed at this time and require approval from the MWR Director and Command Leadership for approval.

Patrons are responsible to hold themselves accountable to these amended policies and procedures. All other facility rules and capacity numbers still apply. If these guidelines are not followed, Fitness Staff have the authority to ask patrons to leave the facility.